

Supplementary File 1. Criteria of Fried frailty phenotype.

Item	Men	Women
Unintentional weight Loss	Weight loss more than 5% regular weight or 4.5 kilograms unintentionally in the past year	
Low Physical Activity	< 383kcal per week	< 270kcal per week
Any of the described activities evaluated by short version of the Minnesota Leisure Time Activity questionnaire	Similar to taking a walk for less than 2.5 hours per week	Similar to taking a walk for less than 2 hours per week
Physical exhaustion	Assessed by self-report using the following questions:	
Any phenomenon described by the right questions occurred for 3 days or more	1. How often in the last week did you feel that everything you did was an effort? 2. How often in the last week did you feel that you could not get going?	
Muscle Weakness	Average grip strength:	Average grip strength:
Grip strength measured by CAMRY electronic hand dynamometer for two times' average	$\leq 29\text{kg}$, BMI ≤ 24.0 $\leq 30\text{kg}$, BMI 24.1-26.0 $\leq 30\text{kg}$, BMI 26.1-28.0 $\leq 32\text{kg}$, BMI > 28.0	$\leq 17\text{kg}$, BMI ≤ 23.0 $\leq 17.3\text{kg}$, BMI 23.1-26.0 $\leq 18\text{kg}$, BMI 26.1-29.0 $\leq 21\text{kg}$, BMI > 29.0 :
Slowed Gait	Walk speed:	Walk speed:
The faster speed to walk 4 meters for two times, with or without a walking aid	$\leq 0.65\text{m/s}$, Height $\leq 173\text{cm}$ $\leq 0.76\text{m/s}$, Height > 173cm :	$\leq 0.65\text{m/s}$, Height $\leq 159\text{cm}$: $\leq 0.76\text{m/s}$, Height > 159cm :

Abbreviations: BMI, body mass index.

Table. Forty-six gene panel for targeted sequencing of CHIP mutations

Genes	Chromosomes	Exons	NM-Nr.
ABL1	9	4-6	NM_007313.3
ASXL1	20	13	NM_015338.5
ATRX	X	8,10-11,17-31	NM_000489.5
BCOR	X	2-15	NM_021946.4
BCORL1	X	1-12	NM_004333
BRAF	7	15	NM_005188.3
CBL	11	8-9	NM_000489.5
CBLC	19	9,11	NM_001123385.1
CDKN2A	9	1-3	NM_00077.4
CEBPA	19	1	NM_004364.4
CUX1	7	1-24	NM_001202543
DNMT3A	2	2-23	NM_022552.4
ETV6	12	1-8	NM_001987
EZH2	7	2-20	NM_004456.4
FBXW7	4	9-11	NM_033632
FLT3	13	13-15,20	NM_004119.2
GATA2	3	2-6	NM_033632
GNAS	20	8-10	NM_004119.2
IDH1	2	4	NM_032638.4
IDH2	15	4	NM_002168.3
IKZF1	7	2-8	NM_006060.6
JAK2	9	12,14	NM_004972
JAK3	19	13	NM_00215
KDM6A	X	1-29	NM_021140
KIT	4	2,8-11,13,17	NM_000222.2
KRAS	12	2-3	NM_033360.3
MPL	1	10	NM_005373.2
MYD88	3	3-5	NM_002468
NOTCH1	9	26-28,34	NM_017617
NPM1	5	11	NM_002520.6

NRAS	1	2-3	NM_002524.4
PHF6	X	2-10	NM_032458.2
PTEN	10	5,7	NM_000314.8
PTPN11	12	3,13	NM_002834.4
RAD21	8	2-14	NM_006265
RUX1	21	2-9	NM_001754.4
SF3B1	2	13-16	NM_012433.3
SMC1A	X	2,11,16-17	NM_006306.4
SMC3	10	10,13,19,23,25,28	NM_005445.4
SRSF2	17	1	NM_003016
STAG2	X	3-35	NM_001042749
TET2	4	3-11	NM_001127208.2
TP53	17	2-11	NM_000546.5
U2AF1	21	2,6	NM_006758.2
WT1	11	7,9	NM_024426.4
ZRSR2	X	1-11	NM_005089.3

